

## CLAIMS

What is claimed is:

1. A lacrosse head comprising a plastic casing surrounding a textured metal frame.
2. The lacrosse head of claim 1, wherein the textured metal frame is aluminum.
3. The lacrosse head of claim 1, wherein the textured metal frame is titanium.
4. The lacrosse head of claim 1, wherein the textured metal frame is composed of wire.
5. The lacrosse head of claim 1, wherein the plastic casing is molded over the textured metal frame.
6. The lacrosse head of claim 1, wherein the textured metal frame is composed of tubing.
7. The lacrosse head of claim 6, wherein the tubing is hollow.
8. The lacrosse head of claim 1, further including at least one area of increased stress and wherein the textured metal frame is located at the at least one area of increased stress.
9. The lacrosse head of claim 1, wherein the textured metal frame is corrugated.
10. The lacrosse head of claim 1, wherein the textured metal frame includes a perimeter and at least one offset section positioned around the perimeter.

11. The lacrosse head of claim 1, wherein the textured metal frame includes an external surface, a length and at least one protrusion position on the external surface of the textured metal frame.

12. The lacrosse head of claim 11, wherein the protrusion is helically positioned on the external surface and along a majority of the length of the textured metal frame.

13. A lacrosse head comprising:

a plastic casing surrounding a metal frame, the metal frame including a first metal section and a second metal section positioned within the plastic casing to form at least one an angle between the metal sections.

14. The lacrosse head of claim 13, wherein the angle is acute.

15. The lacrosse head of claim 13, wherein the angle is obtuse.

16. The lacrosse head of claim 13, wherein the angle is a right angle.

17. The lacrosse head of claim 13, wherein the metal frame is geometrically arranged to form the at least one angle.

18. The lacrosse head of claim 13, wherein the metal sections are attached to form the at least one angle.

19. The lacrosse head of claim 13, wherein the metal sections are attached to form an "H" shape.

20. The lacrosse head of claim 13, wherein the metal sections are attached to form a "C" shape.

21. The lacrosse head of claim 13, wherein the metal sections are attached to form an "L" shape.

22. A lacrosse head comprising:  
a plastic shell; and  
a plurality of textured metal reinforcements positioned within the plastic shell

23. The lacrosse head of claim 22, further comprising  
a scoop;  
at least one side wall extending from the scoop at a scoop transition area;  
a throat attached to the at least one side wall at a throat transition area located distal from the scoop, the throat including a throat base; and  
wherein one of the textured metal reinforcements is located in the scoop transition area, one of the textured metal reinforcements is located in the throat base, and one of the textured metal reinforcements is located in the throat transition area..

24. The lacrosse head of claim 22, wherein the plurality of textured metal reinforcements include an "H" shaped cross-section.

25. The lacrosse head of claim 22, wherein the plurality of textured metal reinforcements include a "C" shaped cross-section.

26. The lacrosse head of claim 22, wherein the plurality of textured metal reinforcements include an "L" shaped cross-section.

27. The lacrosse head of claim 22, wherein the plurality of textured metal reinforcements are attached within the plastic shell.